Practice Schedule

Defense Day

Warm up jog

Stretching

Throwing

Base Running

Run through first (Drop hips and stop)

Running a double

Running a triple

Running a double possibly a triple (Watch coach at third)

Defense

Paired up defense

To the person (Legs spread shoulder width apart/head down/ eyes watch ball into glove)

Shuffle side to side

Backhand/forehand

All together

Everyone at a position and switch so everyone plays a position

Have players play a position and have them switch after 2 innings (Others are runners)

Situations

Outfield/ Tagging on fly out

Outfielders work on catching the ball and throwing to get runner out (Catch on throwing shoulder and move into crow hop)

Runners work on tagging

Switch outfielders

Conditioning

Sprints

Stretch